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minestrone soup

Ingredients – serves 6

- *2 carrots, peeled, chopped
- *2 celery sticks, chopped
- *1 potato, peeled, chopped
- 2 garlic cloves, crushed
- 1L (4+ cups) Massel style liquid stock
- *1 cup carrot (grated)
- *400g can chopped tomatoes
- *400g can red kidney beans, rinsed, drained
- * 80g (1 cup) small shell or elbow pasta
- * 1/3 cup chopped fresh continental parsley

Step 1

Place the carrots, celery and potato in a large saucepan

Step 2

Add the **garlic**, **stock**, **tomatoes** and **red kidney beans** to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender.

Step 3

Increase heat to high. Add **pasta** and cook, uncovered, stirring occasionally, following packet directions or until pasta is al dente. Season with salt and pepper. Ladle into serving bowls and sprinkle with **parsley**. Serve immediately.

THINK OF WHAT OTHER INGREDIENTS YOU CAN ADD TO VARY THE ABOVE RECIPE:

canned beans: - chic peas, cannellini, butter beans, four bean mix and canned lentils

meats: ham, pre cooked chopped chicken or other meats

veges: peas, green beans, spinach, kale, chopped mushrooms

cheese: parmesan cheese: parmesan
olives , spring onion